



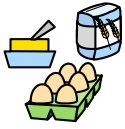
Carrot



and Courgette



Muffins



Ingredients

1



1 courgette

1



1 carrot

1



1 egg

2



2 tablespoons



milk

1



1 heaped tablespoon



raisins



1 tablespoon



oil

75 g

75

g

plain

flour



15 g

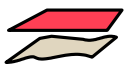
15

g

sugar



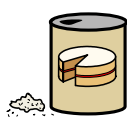
1



1 level

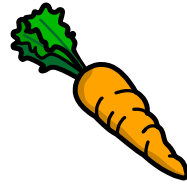
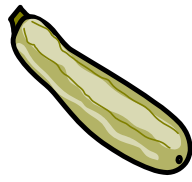
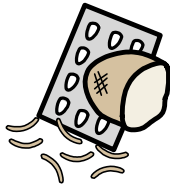


teaspoon



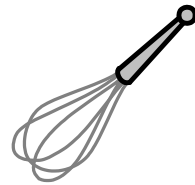
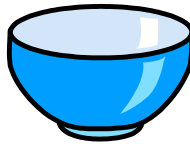
baking powder

1



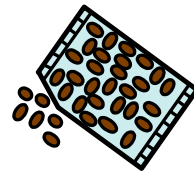
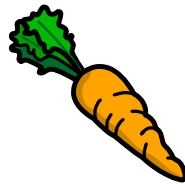
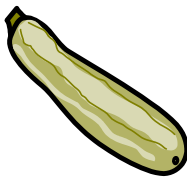
1. Grate the courgette and carrot.

2



2. Break the egg into a bowl and whisk.

3



3. Add the courgette, carrot, raisins,



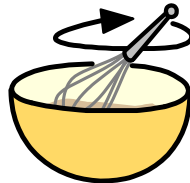
milk



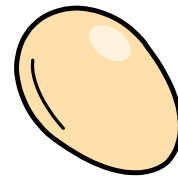
and

oil

to the

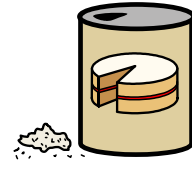


whisked



egg.

4



4.

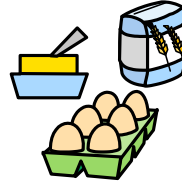
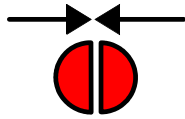
Mix

flour,

sugar

and

baking powder



together

then

add

to other

ingredients

and

mix.

5



5.

Spoon

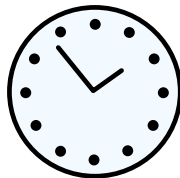
mixture

into

muffin

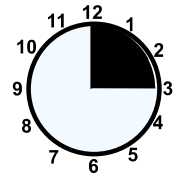
cases.

6



12

-



6.

Baking

time

12

-

15 minutes

200°C

220°C

200c

fan

220c